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**NATIONAL STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

GB/T 21709.10-2008

**Standardized manipulations of acupuncture and moxibustion -
Part 10: Thread-embedding therapy**

针灸技术操作规范 第10部分：穴位埋线

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Foreword

GB/T 21709 Standardized manipulations of acupuncture and moxibustion is divided into twenty-one parts: Part 1: Moxibustion; Part 2: Scalp acupuncture; Part 3: Ear acupuncture; Part 4: Three-edged needle; Part 5: Cupping; Part 6: Acupoint injection; Part 7: Cutaneous needle; Part 8: Intradermal needle; Part 9: Acupoint application; Part 10: Thread-embedding therapy; Part 11: Electroacupuncture; Part 12: Fire needling; Part 13: Long needle; Part 14: Tui-na; Part 15: Eye acupuncture; Part 16: Nose acupuncture; Part 17: Lip acupuncture; Part 18: Abdominal acupuncture; Part 19: Wrist-ankle acupuncture; Part 20: Basic insertion manipulation of filiform needle; Part 21: Needling manipulation of filiform needle.

This part is Part 10 of GB/T 21709.

Annexes A, B, C and D of this part are all informative annexes.

This part was proposed by the State Administration of Traditional Chinese Medicine and is under the jurisdiction of the China Association of Acupuncture and Moxibustion.

1 Scope

The Chinese national protocol for thread-embedding, the acupuncture technique in which a length of absorbable surgical suture is left inside an acupoint so that it goes on stimulating the point for days or weeks instead of the twenty minutes a needle would give. Because the thread stays in the body, the technique sits on the boundary between acupuncture and minor surgery: the operator is making a puncture, leaving foreign material behind, and depending on absorption to remove it, so the things that can go wrong are infection, a thread end left protruding through the skin, damage to a viscus or a nerve, and reaction in patients whose tissue does not absorb properly. This part of GB/T 21709 answers that by specifying the terms and definitions, the operating procedure and requirements, the precautions and the contraindications for thread-embedding at acupoints. It applies to the operation of the thread-embedding technique. The procedure clause takes the practitioner through the preparation - choosing the instruments and the thread against the product standards for acupuncture needles, single-use sterile injection needles, medical suture needles and absorbable sutures, choosing the site and the patient's position, the requirements on the room, and the disinfection of instruments, site and operator - and then through the three ways the thread is placed, with a trocar, with a thread-embedding needle, or with a medical suture needle. Four informative annexes cover the anaesthesia commonly used, the handling of a thread that has become exposed, the indications and the course of treatment, and the handling of post-operative reactions. It is Part 10 of a twenty-one part standard covering the whole of acupuncture and moxibustion practice.

This part of GB/T 21709 specifies the terms and definitions, the operating procedure and requirements, the precautions and the contraindications of thread-embedding at acupoints.

This part applies to the operation of the acupoint thread-embedding technique.

2 Normative references

The provisions of the following documents become provisions of this part through being referred to in this part of GB/T 21709. For dated references, subsequent amendments (excluding corrections) or revisions do not apply to this part; however, the parties to agreements based on this part are encouraged to investigate the possibility of applying the most recent editions. For undated references, the latest edition applies to this part.

GB 2024 Acupuncture needles.

GB 15811 Sterile hypodermic needles for single use.

GB 15980 Hygienic standard of disinfection for single-use medical products.

GB 15981 Evaluating methods and standard for the efficacy of disinfection and sterilization.

YY 0043 Medical suture needles.

YY 1116 Absorbable surgical sutures.

YY/T 91148 Lumbar puncture needles.

3 Terms and definitions

For the purposes of this part of GB/T 21709, the following terms and definitions apply.

3.1 Acupoint

The special site on the body surface into which the qi of the viscera and the channels of the human body is infused.

3.2 Thread-embedding applied to a point

A method of preventing and treating disease by placing an absorbable surgical suture inside an acupoint and making use of the continuous stimulation that the thread produces at the point.

3.3 Thread

Absorbable surgical suture of the various sizes.

3.4 Trocar

A tubular instrument with a needle core inside it.

3.5 Thread-embedding needle

A dedicated thread-embedding instrument with a small notch at the base of the needle

point.

4.1.1 Selection of the instruments

Thread-embedding instruments and medical thread of different kinds and sizes are chosen according to the needs of the condition and to the site to be operated on. The trocar may generally be made up of a single-use sterile injection needle together with an acupuncture needle used as the core; the thread-embedding needle and the medical suture needle are chosen in the same way, and a dedicated single-use thread-embedding instrument may also be used. The trocar shall meet the requirements of GB 2024 and GB 15811, the dedicated thread-embedding instrument those of YY/T 91148, the medical suture needle those of YY 0043, and the absorbable surgical suture those of YY 1116.

4.1.3 Selection of the patient's position

A treatment position shall be chosen that is comfortable for the patient and convenient for the operator.

4.1.4 Requirements on the environment

The operation shall be carried out in a place that is clean and hygienic and free of dust.

4.1.5.1 Disinfection of the instruments

The instruments are disinfected or sterilized by the method appropriate to the material they are made of, or medical instruments approved by the State are used; the effect shall meet the requirements of GB 15981, and where single-use instruments are used their disinfection shall meet the requirements of GB 15980.

5 Precautions

Strict aseptic technique shall be observed during the operation, so as to prevent infection.

After the thread has been embedded, the end of the absorbable surgical suture that is to remain in the body shall not protrude outside the body; if it does become exposed, it shall be dealt with accordingly, and the method of dealing with it is given in Annex B.

The indications of this method and the course of treatment are given in Annex C.

After the thread has been embedded, the patient shall be followed up regularly and any post-operative reaction dealt with in good time; the method of dealing with post-operative reactions is given in Annex D.

Thread-embedding therapy shall be used with caution on the lower abdomen and the lumbosacral region of pregnant women, and at the other acupoints where acupuncture is to be used with caution.